

TEEN SUICIDE PREVENTION WEEK



16 - 23 FEBRUARY 2020
#StopSuicide #ACT #AskCareTreat

SADAG Urges You To ACT For Teen Suicide Prevention Week

16 - 23 February 2020

Teen Suicide is in the spotlight in South Africa once again. It's Teen Suicide Prevention Week and SADAG run the National Toll Free Suicide Crisis Helpline which takes a huge number of calls from teens who are calling for themselves or on behalf of a friend. The most at-risk age group for suicide is adolescents and suicides are often covered in press stories which highlight the pressing need within this country to ensure that we continue sharing as much information on Teen Suicide Prevention as we possibly can. One teen suicide is one suicide too many. Take a look at what's happening this Teen Suicide Prevention Week and learn more about how you can #ACT for Teen Suicide Prevention.



#ACT for Teen Suicide Prevention

One small ACT can make a difference and may save a life. #AskCareTreat (ACT) is a call-to-action to encourage early intervention when someone is experiencing difficulty navigating stress, depression or may be at risk of suicide. We want parents, teachers, friends and communities to recognize the risk factors

and warning signs that may indicate a potential suicidal crisis, and empower everyone to know how to #ACT:

Ask - Ask directly: "Are you experiencing suicidal thoughts?", "Have you ever thought of hurting yourself", "Have you ever felt like you don't want to live anymore"?

Care - Listen without judgment. Show that you care.

Treat - Get your child, friend or teen immediate assistance. Escort him or her to the nearest adult, trusted teacher, or mental health professional (GP's, Psychologist, Psychiatrist, Social Worker, Church Leader, Counsellor, etc.) for treatment. Alternatively call SADAG on 0800 567 567/0800 21 22 23 or sms 31393 for help.

To help encourage others to get help, click [here](#) for the Suicide Prevention #ACT Posters that you can put up at your school, community center or workplace notice board.



FREE Facebook Friday Online Expert Q&A

Friday, 21 February 2020

Don't miss the FREE Teen Suicide Prevention Facebook Friday online Q&A, Friday, 21 February at 1pm - 2pm with Clinical Psychologist, Daniella Matthews with a special interest in family Therapy and Adolescence. The 7pm - 8pm chat will be hosted by Clinical Psychologist Curwyn Mapaling. It is important for all parents, teachers and friends to know the warning signs of Teen Suicide, how to talk about Depression and how to get help. Go to The South African Depression and Anxiety Group on Facebook to join or If you'd like to ask your questions anonymously, email them to media@anxiety.org.za and we'll post it on your behalf. Then, just watch the chat for answers.



Friday, 21 February 2020 Teen Suicide Prevention

Free Online Help for Teen Suicide Prevention Week. It is important for all parents, teachers & friends to know the warning signs of Teen Suicide, how to talk about Depression and how to get help.



1-2 pm: Daniella Matthews - Psychologist

7-8 pm: Curwyn Mapaling - Psychologist



Facebook Page: The South African
Depression and Anxiety Group



Log in via: www.sadag.org

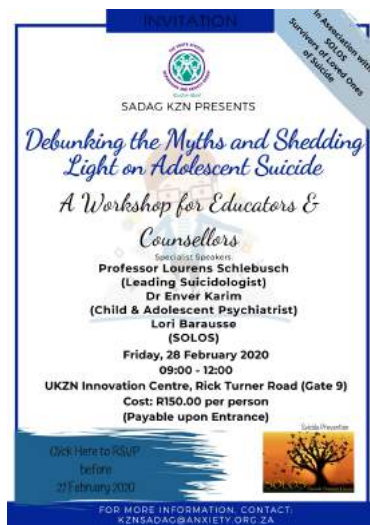


Teen Suicide Prevention Online Toolkit

Below are various online resources from brochures, articles, video's and practical handouts for parents, teachers, loved ones or teens on depression and suicide prevention.

- Teen Suicide Prevention Brochure – warning signs, how to help a loved one, teen depression etc - Click [here](#)
- TheMighty website provides tips (on how to help) from the opinions of people who have felt suicidal before - Click [here](#)
- Press Release: SADAG urges you to ACT for Teen Suicide Prevention Week - Click [here](#)
- Watch online video's about Teen Suicide Prevention - by ambassadors and experts on Suicide Prevention, Teen Depression and what to do to help someone - Click [here](#)
- What to do when someone is thinking about Suicide - Click [here](#)
- What to say to someone who may be depressed or suicidal - Click [here](#)

- Suicide Prevention #ACT Posters - Click [here](#)
- Childmind Article - A parent's guide to helping a child in distress. What to do if a parent is worried about Suicide - Click [here](#)
- The Friendship Bench: A Letter to Parents Surviving a Child's Suicide - Click [here](#)
- Article in New York Times: "We lost our son to Suicide. Here's how we survived." - Click [here](#)



KZN Workshop for Educators and counsellors.

SADAG KZN is hosting a Suicide Prevention awareness workshop for all interested educators and student counsellors at the UKZN Innovation Centre on Friday, 28 February 2020 from 09:00 - 12:00 am. Cost is only R150.00 per person (Payable upon Entrance). Expert Specialist Speakers include: Professor Lourens Schlebusch (Leading Suicidologist), Dr Enver Karim (Child & Adolescent Psychiatrist) & Lori Barousse (SOLOS Support Group Leader).

For more information or to RSVP your seats please email kznsadag@anxiety.org.za.

Expert Online Videos

Watch online video's about Teen Suicide Prevention - by ambassadors and experts on Suicide Prevention, Teen Depression and what to do to help someone who may be struggling to cope.



Understanding Depression

SADAG Board Member and Clinical Psychologist, Zamo Mbele, explains Depression signs and symptoms, and how to get help including treatment, support and self-help tips. Click [here](#)



Act CareTreat – What To Do If Someone Is Suicidal

Nicole da Silva (5FM presenter) gives step by step tips on help to help someone who is thinking of suicide. She discusses #ActCareTreat and shares her own personal experience of having suicidal thoughts and ways that helped her cope better. Click [here](#)



How To Talk About Depression And Suicide With Teens

DJ Vin (Producer, Sound Engineer and 947 DJ) shares ways to talk about depression and suicide with Teens and how to approach these difficult conversations. He

also gives some helpful advice on what to do when someone feels helpless and hopeless. Click [here](#)



Identifying Signs And Symptoms Of Depression & Suicide.

Radio presenter, GP and SADAG Board Member, Dr Sindi van Zyl, talks about identifying warning signs of Suicide and what to do to get help. She also shares her own personal experience of Depression and how she copes every day. Click [here](#)



What Parents Can Do To Help A Teen Who Has Suicidal Thoughts

SADAG's Operation Director, Cassey Chambers, gives helpful tips on how to speak to teens about depression and suicide, especially if you suspect that they may be having suicidal thoughts. As well as ways to #ACT if a teen is at risk for suicide and what to do to get help. Click [here](#)



Interviews, articles & more on Teen Suicide Prevention

- Teen suicide highlighted by SADAG. Read [more](#) in an article by the Bloemfontein Courant.
- How to help a depressed teenager. Since teens are the most at-risk age group for suicide, here's what you need to know about helping a depressed teenager... Read [more](#) in an article by All for Women.
- From FOMO to eco anxiety... teens need your help! It's the Always-On culture. It's FOMO. It's cyberbullying. Read [more](#) in an article by Parent24.
- SADAG urges parents to talk about depression with their children. [Listen](#) to an interview with East Coast Radio.
- Dr Sindi Van Zyl discusses Teen Suicide Prevention on The Espresso Show. Click [here](#) to watch the full episode.

Follow us on Facebook (The South African Depression and Anxiety Group) and Twitter (@TheSADAG) throughout the next few days to stay updated on the latest information, posters and articles. You can also help us raise awareness by sharing our posts and promoting them on your media platforms to help raise awareness for Teen Suicide Prevention Week. Help us make every week Suicide Prevention Week.

Yours sincerely
Zane Wilson
Founder and Director
zane@sadag.org

